

## **SENIOR CORNER**

**Marsha Petrillo, Director – 508-278-8622**

**Robin Heron, Nutrition Site Manager – 508-278-7609**

**Joe Rondeau, Transportation Coordinator - 508 – 278-8622**

**Mary Rice, Outreach Coordinator – 508-278-8638**

***The mission of the Uxbridge Council on Aging Board and the Director of the Senior Center is to identify the needs of the elderly population, to educate the community and to promote or implement services to fill such needs; to coordinate services and to be a resource for seniors, families and the Community.***

**Message from Marsha Petrillo, Director~ Dear Reader:** I am happy to announce the Uxbridge Local Work-Off Program has forged a new partnership with the Uxbridge School System under the umbrella of an exciting new initiative known as the Community Enrichment Program. At the September Senior Club meeting, Superintendent Dan Stefanilo outlined one of the new components of the Community Enrichment Program known as the Senior Greeter Volunteer Program. Here's how it all got started: Superintendent Stefanilo was invited to Shrewsbury High School to check out their new cafeteria and lunch program. Upon entering the school he was warmly welcomed by a friendly pair of senior citizens serving as greeters. After a brief exchange and introductions, the senior greeters directed Mr. Stefanilo right to the cafeteria. Before leaving Shrewsbury High, Mr. Stefanilo inquired further about their Volunteer Greeter Program. "I believe to welcome another human being is a sign of respect and a great service" said one of the Shrewsbury volunteer greeters. We agree with that philosophy here in Uxbridge as well. Welcoming is a powerful tool, yet it is so simple and obvious that it is often overlooked. Welcoming requires us to reach out to people on a regular basis here at the Senior Center and in our schools. We believe that everyone deserves to receive a warm greeting the moment they enter our doors. Whether they are entering for the first time or the tenth time, they are entitled to be recognized with respect and care. Evelyn Departie has been part of our welcoming team at the Senior Center for over twenty years. Recently, Evelyn spoke about the importance of making new people feel welcome. "Someone has to take new people by the hand and introduce them around. People feel happiest when they feel like they belong" she said. Evelyn is often found welcoming new seniors to our daily lunch program simply by saying "sit next to me". Evelyn's four words meant everything and changed my whole experience of the Senior Center said one new comer! The new Senior Greeter Program will expand volunteer opportunities for the Local Work Off Program and offers senior citizens free admission to all Uxbridge school events. Specially

**designed Uxbridge Community Enrichment All-Events Senior Pass Cards are available at the Senior Center, Town Hall, at the Library and the Superintendent's Office. Please call me at 508-278-8622 to learn more about this new partnership. Let us find where your welcoming skills can be applied!**

**SPECIAL THANKS ~ From the Director...**

**I owe a very BIG round of applause to my husband, Pete Petrillo, for bowling in my place at the Woman's Club Bowl-a-Thon held on Saturday, September 17<sup>th</sup>. I am also very grateful to Joe Roche, Peter DeBaptista, Carl Kildahl, Steve Mason, Tom Bentley, John Gniadek, Bill Guertin, Jack McCarthy, Senator Moore, Jim Storey, Tony Petrillo, Jeanne Daley, Mary Rice, Evelyn Departie, and Jeannette Stanovich for your pin pledges. Because of your generous support we collected \$290 which will go towards the purchase of round tables for the Uxbridge Senior Center. Many thanks to Merle Lalor and the members of the Woman's Club for their generous support of our Center.**

**A special note of thanks to the Uxbridge Senior Club, Shirley Turner, president, for their generous donation to the Senior Center. We are proud to host such a fine, supportive group on the second and forth Wednesday of each month. If you have been thinking about joining the Senior Club, I encourage you to do so. They are a fun and active group who love to play bingo, get together for special lunches and plan trips and fund raising events. Yearly membership is \$10.**

**Once again, thank you, thank you to our dear friends, Alice and Frank Susskey, Mr. Podles, Rita Demers and Jen Cederberg for the healthy home grown and hand picked vegetables. Your gardening skills added fresh dishes to our meal program throughout the summer months; not to mention how much your loving donations contributed to our wellness and good health here at the Center! We appreciate your loving kindness.**

**I owe Debbie Stevens and Karen Goldman, for taking time to deliver bread to our Senior Center each week. You are angels for all of us. Your bread donations to our Center have far-reaching effects. Thanks, too, to our van driver, Joe Rondeau, for helping to distribute the bread to homebound senior citizens at Crown and Eagle and Centennial Courts. You make a vast difference to our community and we thank you for your continuous goodwill.**

**Thank you to Al Emrick, Theresa Aldrich, and Doris LaFrancois for your recent in kind donations to our Center. We appreciate you more than you know.**

**A special and personal note of thanks to Rita DelMonico from the Director. Your willingness to go out of your way for others (like me) is greatly appreciated! Thank you from the bottom of my heart, lovely Rita.**

**Many thanks to Bill Dark, meals on wheels volunteer, for all the mouth watering homemade cakes you bake for us. You have a very special way of pleasing our palates. We appreciate your taking time out of your busy day to bake for us! Keep those delectable treats coming!**

**IMPORTANT REMINDER: Please make all checks payable to: THE TOWN OF UXBRIDGE when making monetary donations to the Senior Center. Checks payable to the Town of Uxbridge will be directly deposited into our donations and gift account on a weekly basis. Please know that your donations will be used to help fund educational programs, special events, and additional services offered only at the Senior Center. If you have any questions about how to make donations to the Uxbridge Senior Center please do not hesitate to call me at 508-278-8622. We are grateful for your donations and appreciate your continued support of our Senior Center.**

### **FREE SENIOR FUN DAY AT THE GREEN ROOM BILLIARD CLUB**

**Seniors, did you know that you can PLAY POOL Free of charge each and every Monday from 1:00 pm to 5:00pm at The Green Room Billiard Club? The owner of the Green Room extends an invitation to all senior citizens beginning July 1<sup>st</sup> through November 1<sup>st</sup>. The Green Room is located at 535 Quaker Highway on Rte 146 A. This is a very nice opportunity to start up a league or just come for practice. Now is the time to out and have fun! If you have any questions or need more information about this free offer please call Rick at 508-278-0188 or call Marsha at the Senior Center at 508-278-8622.**

### **SENIOR EMPLOYMENT PROGRAM**

**Are you over 55? Looking for work? Is your household income low? Are you in work/life transition or coping with changes in what skills you can offer an employer? Would you like to learn new skills or update current ones? Would you like to regain or achieve work/life balance? The Worcester County Senior Employment Program needs you! To find out about a variety of 20 hr per week assignments**

**throughout the local community leading to part or f/t jobs call Don Goguen, Job Developer at 508-478-4300.**

### **SENIORS, PLEASE DON'T FORGET...**

**We have medical equipment and other items you can borrow at any time. Just stop by the center if you are in need of canes, crutches, wheelchairs, bathtub equipment, walkers, VHS videos, magazines or books. If you have music CD's, gently used books, or medical equipment you no longer need, please consider donating these items to us so we can pass them along. This month we are especially in need of wheelchairs (in good working order, please) and metal lightweight crutches. Your donations help others in need. Thank you!**

### **WISH LIST**

**The Senior Center is in need of diabetic candy, diabetic cookies, healthy snack foods, decaffeinated coffee, movie videos and big band music CD's. We appreciate your gifts. Call 508-278-8622 if you have donations you think we could use.**

### **COMPUTER CORNER**

**The "Friendly Computer Lab" is offering Beginning Microsoft Word classes on Wednesdays from 4-5 pm under the fun instruction of Carol Masiello. Carol's easy and free style is just right for beginners. Betsey Youngsma is back on Tuesdays, from 1:30 to 2:30 pm surfing the web and sending off e-mails. Don't miss this adventurous class! We are happy to announce and welcome Amy Thomas on Mondays from 5-6 pm. Amy is highly skilled and loves teaching. If you have some skill with Microsoft Word and are ready to move up to the next level, Amy's class is designed just for you. Learn how to insert graphics, pictures, tables and more. Call the Senior Center at 508-278-8622 to inquire about enrollment.**

### **GROCERY SHOPPING:**

**Attention Uxbridge Seniors: Do you need transportation to the grocery store? Did you know that we travel to Hannaford Market every Tuesday and Wednesday morning? Please contact our Transportation Coordinator, Joe Rondeau, @ 508-278-8622 to make your reservation on the van. Pickup begins at 8:30 am.**

**ANNOUNCEMENT:** We are pleased to announce our SHINE representatives, Mary Rice and Phyllis Howell, will be available to assist you with any health insurance and prescription drug questions on the first Thursday of every month from 9:00 am to 11:30 am. Please call the Senior Center at 508-278-8622 to make an appointment.

### **October - 2005 - UPCOMING EVENTS**

Beginning October 1<sup>st</sup>, we will be selling raffle tickets for two very special theme baskets. One basket will be based on the World Smile Day theme of practicing random acts of kindness and will include only items that will make you smile! We will pull the lucky winner at our World Smile Day luncheon on Friday, October 7<sup>th</sup>. We will also offer a Halloween basket that will include scratch tickets, imported candies and lots and lots of fun stuff! We will pull the lucky winner for this basket at our Halloween Party on the 31<sup>st</sup>. Our baskets will be on display at the Center M-F from 8:00 am – 4:00 pm. Stop by to purchase your raffle tickets: three chances for a \$1.00. All proceeds from these baskets will go to the American Red Cross relief effort in the Gulf.

**Pitch Party Every Monday Night:** October 3<sup>rd</sup>, 17<sup>th</sup>, 24<sup>th</sup>, and 31<sup>st</sup>. No Pitch on Monday, October 10<sup>th</sup>. The Center is closed for Columbus Day. Pitch begins @ 6:30 PM ~ \$2 donation. We are always looking for new participants. We have a big comfortable Center. Just right for playing cards together. Stop by and check us out. We offer 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> prizes, Door Prizes, and fun, fun, fun! Coffee and complimentary refreshments served each week.

**Tues., Oct 4th:** 7:00 pm ~ Mental Health Support Group meeting at the Senior Center, 36 South Main Street. Please call Connie at 278-9833 if you have any questions or need more information about this important support group. All are welcome.

**Weds. Oct 5th:** 11:30 am - Lunch n Learn with nutritionist Lu Pilczak of Tri Valley Elder Services Inc. Lu will speak to the benefits of shopping for whole grain foods. Call Robin at 508-278-7609 to reserve your meal.

**Thurs., Oct 6th:** SHINE Representatives Mary Rice and Phyllis Howell will be on hand from 9:00 am to 11:30 am to answer your medical and insurance

**questions. First come First served or call 508-278-8622 to schedule an appointment.**

**Thurs., Oct 6th:**

**Wal-Mart Shopping – Pickup begins @ 8:30 AM – You must call each month to reserve your seat. Sorry, we cannot save your seat from month to month. Please call if you can't make it so the next person can jump aboard from our waiting list. Thank you!**

**Fri., Oct 7th:**

**World Smile Day! Practice Random Acts of Kindness. We will host a special luncheon and raffle our Smile Day basket chuck full of good stuff guaranteed to make you smile! Tickets are 3 for \$1 and all proceeds will go to the American Red Cross to support the relief efforts in the Gulf. Call Robin early at 508-278-7609 to sign up for this fun-filled day of good cheer and don't forget to practice random acts of kindness throughout the day! You'll be glad you did.**

**Mon., Oct 10th:**

**Center Closed in observance of Columbus Day.**

**Tues., Oct 11th:**

**COA Board Meeting at 5PM. All are invited to attend.**

**Weds. Oct., 12th:**

**Lunch n Learn with Ken Daoust, local mechanic and owner of Ken's Automotive. Ken will talk about the importance of winterizing your automobile and give tips on how to keep your motor running! Call Robin to make your luncheon reservation at 278-7609.**

**Weds. Oct., 12th:**

**1:30 pm – Senior Club meets**

**Thurs., Oct 13th:**

**CPR Training with Chief Freitas and Officer MacDonald 2-6 pm. Classes are full. Please call the Center at 278-8622 if you are interested in having your name placed on the wait list.**

**Mon., Oct 17th**

**Fallon Rep., Jacqueline St. Germain, from 10-11:30 am. Jacqueline is an experienced Fallon**

**executive and will be here to answer all your insurance questions. NOTE: Fallon has new health care options with reduced premiums. Come and discuss what plan is right for you. Ask about Medicare Part D and if your Fallon Plan will be effected. First come first served.**

**Mon., Oct 17<sup>th</sup>:**

**8:30 AM Podiatry Clinic – Dr. B – Call the Center to make an appointment. 508-278-8622. Please let us know if you need transportation.**

**Weds., Oct 19<sup>th</sup>:**

**As of this writing (September 18, 2005) the VNA is scheduled to hold a flu clinic at the Uxbridge Senior Center from 1:00 pm to 3:00 pm. Please note, this is subject to change and we will do our very best to keep you informed. Please call the Senior Center for further information at 278-8622. You must be an Uxbridge resident. Please bring your Medicare card with you. First Come First Served. Supplies are limited to approximately 100 doses of vaccine.**

**Thurs., Oct 20<sup>th</sup>**

**CPR Training with Chief Freitas and Officer Brian MacDonald from 2-6pm. Classes are full. Please call the Center if you are interested in placing your name on our wait list. Call 278-8622.**

**Sat., Oct 22<sup>nd</sup>:**

**Serve New England. Distribution begins at 10:00 am.**

**Sun., Oct 23<sup>rd</sup>:**

**Annual Pancake Breakfast sponsored by the Uxbridge Elderly Connection. Tickets \$6 for adults. Tickets can be purchased at the door or bought in advance at the Senior Center. We will have a bake sale, 3 raffle baskets, and a full course breakfast. Hope to see you bright and early! Breakfast begins at 8:00 am and ends at 11:00 am. Call the Center @ 278-8622 if you would like to volunteer or bring a baked good. Your help and support are greatly appreciated!**

**Thurs., Oct. 27<sup>th</sup>:**

**Lunch n Learn with Melanie Miller from BCBS. Melanie will discuss health plan**

**options for Seniors. Remember! As of January 1, 2006 Medicare will provide optional prescription drug coverage. If you decide to elect this coverage, it is anticipated to cost approximately \$35/month. When the Medicare Prescription Drug Plan becomes available, you will need to decide whether you want to sign up for it, or stay with your current converge. You will not be able to elect Medicare's Prescription Drug Plan if you want to stay enrolled in Medex Gold or Medex Core Plus, or in any other insurance plan that will continue to offer a substantial drug benefit. Don't miss this very important and informative luncheon. Come with your questions for Melanie. Call Robin at 278-7609 to reserve your meal.**

**Mon., Oct. 31<sup>st</sup>:**

**Halloween Party - featuring Durango Mango! Don't forget to wear your favorite Halloween Costume. We will raffle our special basket at today's luncheon. Last chance for tickets up til noontime. Chances are 3 for \$1. We will have a special desert, dancing and plenty of good cheer. Come for a fun-filled goblin-good ol' time! Call Robin at 278-7609 to reserve your meal. Bring a friend!**

**REMINDER: Transportation to and from medical appointments is available at the Senior Center. Call ahead, as soon as you book your next appointment. It is never too early to book an appointment. If you are willing, we will gladly reschedule your appointment if there is a conflict. Call us at 508-278-8622 to make your medical appointment reservation.**

**Don't forget! Transportation is also available to the daily lunch program. Call 24 hours in advance to make a reservation for lunch. Bring a friend!**

**OCTOBER MENU - We invite you to come and join us for lunch beginning at 12 noon daily. Let us know how you like our new meal selections. Please call Robin @ 508-278-7609 at least one day ahead so we can reserve a meal for you. \$2 Donation per meal - \$3.50 ages 59 and under.**

**3<sup>rd</sup>: BEEF STEW**



**4<sup>th</sup>: SPAGHETTI & MEATBALLS**  
**5<sup>th</sup>: CHICKEN WITH SUPREME SAUCE**  
**6<sup>TH</sup>: HAM DINNER**  
**7<sup>TH</sup>: FISH VICTOR**  
**10<sup>TH</sup> CENTER CLOSED IN OBSERVANCE OF COLUMBUS DAY**  
**11<sup>TH</sup>: ROAST TURKEY DINNER**  
**12<sup>TH</sup>: NEW ENGLAND CLAM CHOWDER STEW**  
**13<sup>TH</sup> CHICKEN FRICASSEE**  
**14<sup>TH</sup>: HOT DOG W/ROLL & BAKED BEANS**  
**17<sup>TH</sup>: GARDEN SWISS STEAK**  
**18<sup>TH</sup>: CHICKEN MORNAY AND CREAM OF MUSHROOM SOUT**  
**19<sup>TH</sup>: BEEF ZITI BAKE**  
**20<sup>TH</sup>: PORK STIR FRY**  
**21<sup>ST</sup>: ITALIAN SAUSAGE & PEPPERS IN SAUCE**  
**24<sup>TH</sup>: ERIYAKI CHICKEN**  
**25<sup>TH</sup>: VEGETABLE CHEESE BAKE**  
**26<sup>TH</sup>: PORK W/MUSHROOM SAUCE**  
**27<sup>TH</sup>: SALMON BOAT**  
**28<sup>TH</sup>: SHEPHERD'S PIE**  
**31<sup>ST</sup>: HALLOWEEN LUNCHEON – VEGETABLE LASAGNA**

**The menu includes milk and margarine. Menus are subject to change.  
Reservations must be made 24 hours in advance. Please call 508-278-7609**